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Photo courtesy of NBC

Evie Clair performs in the finals of America's Got Talent, where she placed in the top 10

OH, MY LIFE IS CHANGING EVERY DAY

America's Got Talent Finalist Evie Clair Starts a New Chapter

By Merry Gordon
The Arizona Beehive

For a girl who's rubbed shoulders with Simon Cowell, Howie Mandel, and David Archuleta, Evie Clair is refreshingly grounded.

The 13-year-old singer and America's Got Talent finalist wanders downstairs to meet me for our interview with bare feet and damp hair. She greets me with a grin and a hug and immediately tells me about her latest star encounter: "A Village Person kissed me!" she giggles.

There are lots of other fangirl moments: "I saw Shania Twain walk past me!" Kelly Clarkson was backstage, and Evie did a double take in the mirror when she saw Derek Hough getting his hair done—in full view of the dancer and actor, she adds sheepishly. She was too star-struck to talk to Hough, she admits, but her eyes go soft and dreamy when she remembers singing with British pop star James Arthur in the AGT finale. "We did my song," she gushes. "He kept apologizing because he'd forget the words!"

"Evie, play 'Dreams'," her mother, Hillary Abplanalp, begs, beckoning to the piano in the family's living room. Evie pulls up the lyrics. Every bit a teenager, she apologizes in advance if her phone dies: "I'm only at 9%," she admits.

A command performance for one at her East Valley home is a far cry from the Hollywood stages and millions of eyes she's grown accustomed to, but the petite blonde belts out a rendition of the Cranberries' song that would have Dolores O'Riordan

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Photo courtesy of Hilary Abplanalp

Evie Clair films an interview video for America's Got Talent.

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America's Got Talent Finalist
Continued from pg. 1

herself on her feet.

"Oh, my life," she sings, "is changing every day, in every possible way. And oh, my dreams, it's never quite as it seems, it's never quite as it seems."

As the final chord dies, she meets her mother's eyes and I realize what they both already know: that song could be Evie Clair's anthem.

In less than a year, the 8th grader's world has turned upside down, beginning with dad Amos Abplanalp's 2016 cancer diagnosis and her audition for America's Got Talent, and culminating in her spectacular AGT run—and her father's death, within days of the popular television show's finals.

Photo courtesy of Hilary Abplanalp

Evie takes to the red carpet for some star-studded AGT interviews.

But in spite of the spectacular highs and lows—and maybe because of them—Evie and Hilary still are smiling.

"You know, we're okay. We're still okay," Hilary says.

It's just a different sort of okay these days.

Kirra, Evie's sister, pops into the room. I ask her what her life is like now."I feel deprived of my freedom," she jokes. "We got stopped, like, 150 times at Disneyland!"

Evie nods. "We can't be normal. The things we used to be able to do, we can't do it without people recognizing us."

This isn't necessarily bad, she's quick to point out. Her fans are adoring and supportive, sending letters and gifts, and traveling huge distances to see her perform.

"I love them! We try to respond to all the messages and 'like' all the comments," she says of her followers.

That kind of fame comes with responsibilities, she adds, because "someone's always watching."

Photo courtesy of NBC

Always at home on the stage, LDS teen Evie Clair stuns the AGT judges.

"Absolutely," Hilary agrees. "You actually have to live your religion."

For Evie Clair, sometimes that meant working with producers to make sure that her performance

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What's The Buzz?

Local. LDS. Love. *This is our new tag line, motto, and mantra. These three concepts drive the creation and production of The Arizona Beehive!*

Local*. In our world of mass produced, Made In China, big box-sold, and drone-delivered, people have discovered a craving for authenticity. Nothing screams anti-cookie cutter more than local. Locally produced, consumed, enjoyed. Locally experienced.*

Local means shopping and walking, working and playing, living and learning from or in a near-by location. What is near-by you? The AZ Beehive is on a mission to find, photograph and tell the stories of just that.

LDS. *Remember the old commercial The Church put out a bunch of years ago? "Hi! We're from The Church of Jesus Christ of Latter-day Saints. You know, The Mormons!" Indeed, we are Mormons. Latter-day Saints. LDS. The focus of The AZ Beehive will always be on Latter-day Saint beliefs, interests, passions, work, art, events and business. LDS people to meet, places to go, things to do, businesses to patronize.*

Love. *What the world needs now, especially now, is love, sweet love! During the recent General Women's Session of General Conference, Elder Uchtdorf spoke of Three Sisters: one sad, one mad, one glad. Why was the third sister glad? Because she was an authentic disciple of Jesus Christ who decided to love. What do we love? Our families and spirituality, our wards and callings. Our neighbors, communities, and attractions. Our city shops, parks and eateries. We love what we do and do what we love.*

Local. LDS. Love. *It speaks of authentic community. The Arizona Beehive focuses on our community, drawing us together via printed paper and social media. If you have not already done so, I invite you to connect with each other on Instagram (@the_arizona_beehive), Facebook (@BeehiveNews), and Pinterest (TheArizonaBeehive). I also encourage you to download the ISSUU app so you may read The AZ Beehive cover to cover on your tablet or mobile device.*

Thank you for being a part of The Arizona Beehive local LDS loving community!

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dresses were modest enough, or that she could get to church on Sundays, and sometimes that meant giving "the most Primary answers" to interview questions on the runway.

"You've got to share your light," she says.

Even before America's Got Talent, Evie Clair was going places. She's got a single, "Love You One More Time," on Pandora and iTunes, and she's opened for the Duttons and seen her original music on movie soundtracks.

It would be easy to let that kind of achievement go to your head, but there's no hint of diva in the girl before me. Evie hangs her legs over her mother's lap and shrugs off her success with a smile.

"When you're happy, everyone loves you."

Such happiness hasn't always come easily for the Abplanalps, especially through Amos's battle with colon cancer.

"We didn't know Amos was going to die. We really didn't believe that was going to happen," Hilary says quietly. "He had hope. He tried till the very end. You have to leave room for the miracle," she finishes, her voice breaking. "I'm so grateful we had that hope."

Photo by Jennifer Garbett

Members of the Abplanalp family say farewell—for now—to husband and father, Amos.

When Amos Abplanalp passed, the producers of AGT gave Evie an option: finish the competition, or come back next season. I ask them, gently, if it was hard to go on. Evie nods.

"While we were in the hospital, I knew I wasn't going back. I didn't want to do it anymore," she says. "But my dad taught me not to quit."

Evie Clair went on to deliver a stunning performance of Louis Armstrong's "What a Wonderful World"—dedicated, as always, to her dad. While Evie finished in the Top 10, ventriloquist Darci Lynne Famer would ultimately win the Season 12 competition and nab the Vegas show and million dollar prize.

But there are no hard feelings from Evie Clair, who has big plans for the future. Simon Cowell has until mid-December to decide whether or not she'll be signed to his label—and even if she doesn't get a green light, there are plenty of other people waiting in the wings to represent the sunshiny teen. With local and national gigs coming up, Evie Clair has her eyes on the future and her family.

And Amos Abplanalp, they know, is still right there with them.

"I just talk to him all the time like normal – bring up memories, talk to him, about him," Hilary says. "It's important because he was just so amazing. He taught me so much. He helped me to understand not to be afraid," Hilary says. "This is not the worst thing . . . that grief is so powerful, but everything eternally is great. It's fine."

Evie couldn't agree more. After one more hug, she disappears in a flurry of blonde waves and a flash of braces, ready to face whatever life throws her way.

To see where Evie goes next, watch https://www.evieclair.com/ or follow her on social media @evieclair.

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On The Road With The Alcantar Family

By Katherine Ogden
The Arizona Beehive

On a warm Wednesday afternoon in August, the idea of traveling across America started to form in the minds of Sal and Ange Alcantar. The plan was to visit every Church of Jesus Christ of Latter-day Saints temple in the United States, along with local historical sites. By Friday, they had held a family council, and less than three weeks later they were headed out on the road.

With a busy household of five children, ranging in ages from 2 ½ to 19 years, the Alcantars, members of the Trovita Ward, Alta Mesa Stake, weren't exactly sure how they would accomplish what they wanted to do. Downsizing from a large 5,000 square foot home to a 31 foot RV would be a challenge, and the children would need to start homeschooling. Other trials cropped up — a glance at their original itinerary will show that it was detoured slightly by the arrival of Hurricane Harvey, with hurricanes Irma and Jose following close behind — but the Alcantars were making their dream a reality.

The idea of doing service as they traveled came from the book Masquerading as Angels by Lance Richardson, given to them by a family friend. "We always try to be very creative and keep our eyes open for service opportunities," says Brother Alcantar. "We also have to do service in each state or it doesn't count as being visited. Sometimes, we use JustServe.com, but sometimes it can be something little, like when our son Zander noticed that a meter was expiring on a parked car, and we put more quarters in. We also leave a little note that says, 'We just want you to know someone cares—hope you have a great day!' Sometimes, we'll leave a Laffy Taffy with it, too!"

"We are very vocal about being Mormon, too," says Brother Alcantar. "When people ask us what we're doing, we tell them we're visiting all of our church's temples in the U.S. It usually leads to more questions and more discussion. We're also videotaping our experiences as we go. We're doing this to build family memories that will last a lifetime."

Their odyssey will take anywhere from 2 to 4 years to complete. Their oldest son, Dokken, has a job and stayed home to work, but says he is planning on joining them for Phase Two of their journey: Europe.

If you'd like to follow the Alcantar family on their journey, find AlcantarsAbroad on Facebook, Twitter, and Instagram, or on their website: https://alcantarsabroad.com.

Photo courtesy of Sal Alcantar
Sawyer, Sal, Ange, Drezen, Dokken, Ambrey-Jae, and Zander Alcantar.

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SCHOOL'S OUT FOREVER!

Chandler School Board Veteran Annette Auxier Is Moving On

By Merry Gordon
The Arizona Beehive

After twenty years filled with countless assemblies, "Meet the Teacher" nights, fundraisers and graduations, Sister Annette Auxier, currently Chandler Unified School District Governing Board's vice president, is ready for a recess of her own.

The veteran school board member, who has served as general board member, president, and vice president in her tenure, is not running for reelection.

As she looks back on her two decades of experience, she is struck by how much she's learned.

"At first," she says, "I was surprised . . . . There is so much to learn, including understanding school finance, special education issues, the impact of the ten dollar minimum wage, how much technology costs, how little teachers are paid, etc."

But now, Auxier says her biggest hurdle is miseducation—not of the children, but of the public.

"I find myself constantly amazed about the misinformation," she says, regarding how education is sometimes portrayed negatively in the media. "Our kids are being taught more now than I ever was taught. More is being done now than we ever could imagine in helping students succeed, from the very highest level to the children who are struggling."

Of teachers, Auxier has nothing but good things to say: "People who are drawn to education are usually the nicest people in the world and will work very hard to help their students be successful."

In spite of her passion for education and community service, Auxier is eager for new adventures. "My days are filled to overflowing with this great work. Sometimes I joke that I need a wife," she jokes.

Sister Auxier plans to serve a mission with her husband. "We are both converts and didn't have the opportunity as young adults," she says. "Serving together sounds wonderful."

Auxier hopes her replacement has "strong religious values with a desire to encourage family involvement in school issues and decisions." Such a person "would need to put children first, know how to work cooperatively with others . . . [to] see the best in others and jump in with both feet, ready to work hard," she adds.

She notes that public service in education is for everyone, whether by official vote or not.

"If you worked in the aerospace industry, tutor kids in math and science," she says.

"If you are an empty nester . . . volunteer to read or supervise a playground. If you taught English, help monolingual parents learn English."

Annette Auxier will miss serving on the board, but is grateful for all she has accomplished. She leaves behind her a legacy of hard work, and an elementary school, Auxier Elementary, named for and her husband.

"I know that students' lives are changed, and they are able to be successful in life. I could not ask for more."

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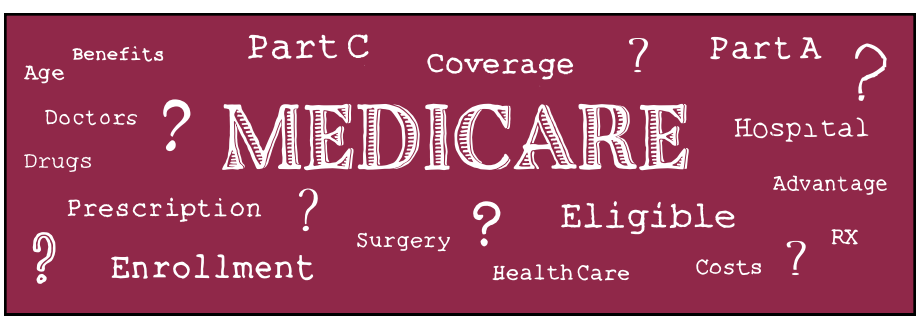

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By Heather Kidder
The Arizona Beehive

Focus On The Light of Christmas

The light of Christ shines brightly during the holidays. People smile more, speak more kindly, and unite as communities. This time also brings glittering displays of literal lights and unique opportunities to teach kids about the power of keeping the light of Christ with us all year.

#1

Railroad Lights

The McCormick-Stillman Railroad Park in Scottsdale is a magical place to take your kids to meet Saint Nick. While riding in a train car, kids can get a unique view of Christmas light displays. The holiday light events run from 6:30pm until 9:00pm. Santa will be in town Dec. 1-2, and every night from Dec. 8 until Dec.23. This event does have an intermittent schedule, with the following closures: Mon., Dec. 4; Sun., Dec. 24; Mon., Dec. 25; and Sun, Dec. 31.

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(all free for children 2 and younger with an adult)

#2

Temple Lights

Keep Christ in Christmas by spending time outside the Mesa Temple. The lights turn on at 5pm, and the venue presents opportunities for thankful reflection. Families can enjoy festive holiday traditions while being reminded of the blessings available because of our Savior. Lights turn off at 10pm and the display closes December 31st.

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#3

Other Christian Church Lights

Take your family over to Red Mountain Community Church for their beautiful display of 500,000 lights. This is a great opportunity for families to visit another Christian church and spread the Christian spirit of love. This display begins with a Flip the Switch event at the end of November, but the lights stay up until December 30th.

6101 E Virginia St., Mesa

Free!

Train Decorated with Lights. Photo by TheRailroadPark.com

#4

Light Parade

On Saturday, December 2nd, your family won't want to miss the APS Electric Light Parade in Phoenix. This decorative parade begins at 7pm at the cross streets of Montebello Avenue and Central Avenue. Lighted floats pass by and hundreds of families from the Phoenix area join together as admirers. The parade will end at the cross streets of Indian School Rd. and 7th St, and the ending time varies each year. Grab some chairs, set up a spot, and enjoy the community Christmas spirit.

Phoenix
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#5

Don't Forget the Dog

Thanks to the Tranquility Trail Animal Sanctuary, Scottsdale has its 7th annual Holiday Pet Festival. Fill out a pet registration form, bring the leash, and explore the holiday spirit with your furry or feathered friends. This event includes booths to buy pet gifts, discount chipping for your animal, rescue animals looking to be adopted, and much more! Santa will even be there to verify your pet's placement on the naughty or nice list.

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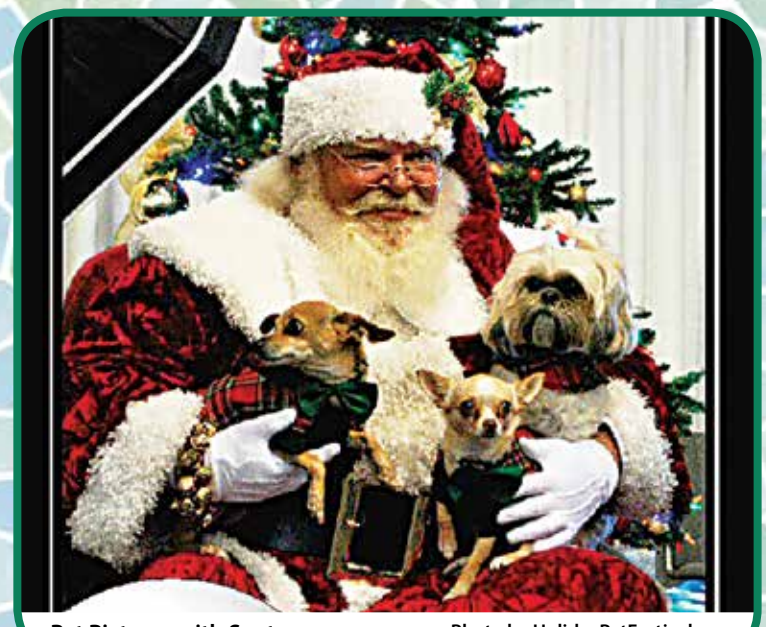

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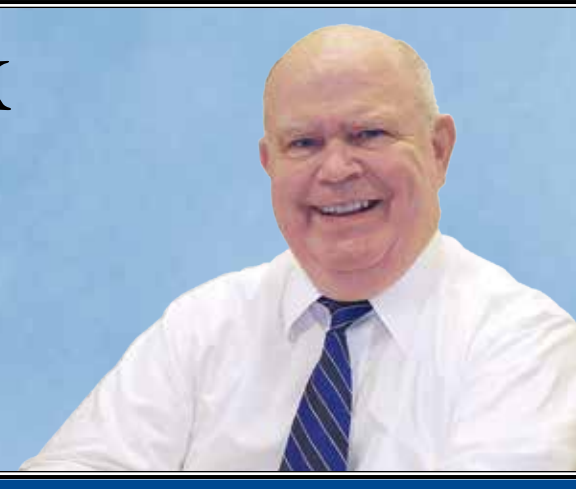

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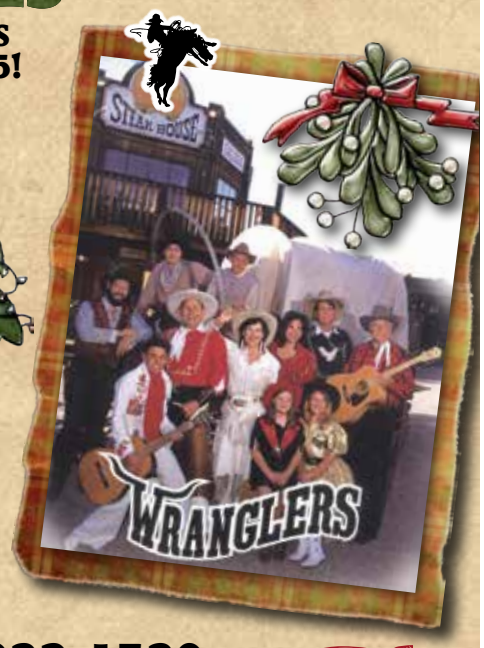

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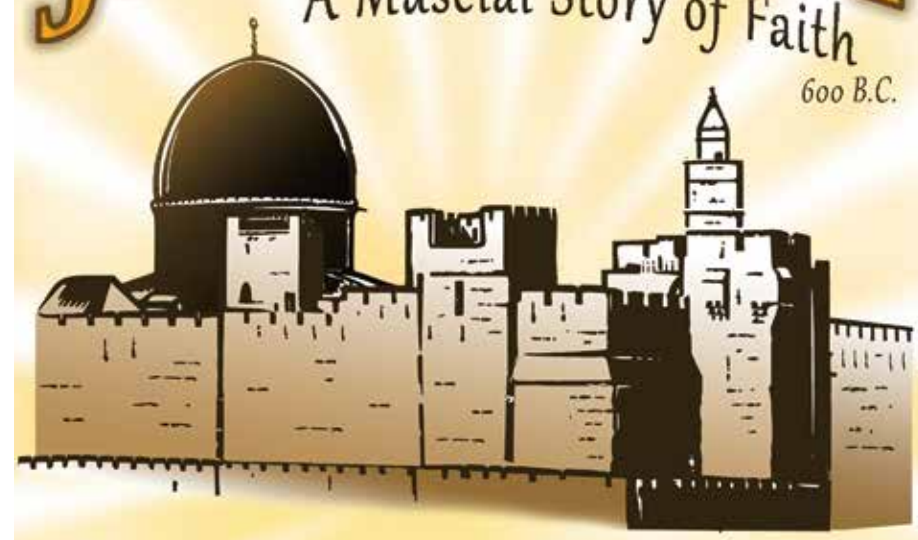

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Banish The Winter Blues

DIY Bath Salts

By Merry Gordon
The Arizona Beehive

It's the most wonderful time of the year! But add the frenzy of the holiday season to short days and cold nights, and your winter wonderland can easily go from blessed to stressed overnight. Need a mood-lifter? Just a handful of herbs can have you rocking around the Christmas tree again in no time.

Simple home-grown garden herbs are great for stuffing and turkey, but they're also perfect for lifting spirits and reinvigorating a tired mind. Why spend big bucks at high-end cosmetic stores when you can make your own bath salts at home? Three herbs in particular—rosemary, mint and lemon balm—are especially useful in putting the spring back in your step. They've also got therapeutic assets that will help get rid of ashy, dry winter skin.

More than just a culinary herb, rosemary has medicinal uses. It can improve mood and alleviate stress, as well as relieve pain. A natural antioxidant and antibacterial remedy, rosemary boosts immunity and is a powerful antioxidant. And mint? It's not just for gum. Mint can clear up congestion and, as a natural stimulant, refresh and recharge you. It's also a great skin cleanser. Aside from smelling wonderful, lemon balm calms and soothes. Like rosemary, lemon balm is an anti-oxidant and has anti-inflammatory properties. Used together, the three pack a powerful, mind-boosting punch.

Photo by Pixaby
A few household ingredients can make for a relaxing delight this winter.

You will need:

- A few handfuls dried herbs: try rosemary, mint and lemon balm for an energy boost
- 1 C baking soda
- 1 ½ C Epsom salt
- ½ C table salt
- 1 T citrus-based skin/lotion oil: try lemon, grapefruit or orange, all revitalizing scents

Optional ingredients:

- Dried rose petals
- Food coloring

Instructions:

Mix baking soda, Epsom salt and table salt in a large bowl. That's your base—the ratio should be 3 parts Epsom salt to 2 parts baking soda to 1 part table salt. Once that's mixed, you can add your oil. Scented oil is powerful and should be dropped just a little at a time while stirring. If food coloring is desired, it can be added until the intended color effect is achieved. Finally, add the dry herbs (and rose petals, if you prefer), and spread the whole mixture on a wax paper-covered cookie sheet. Allow to dry for a few hours, and then you're ready for a good, long soak!

Many herbs are safe, especially for topical use. However, it is always best to consult a physician about possible drug interactions and irritations before using.

Photo by Pixaby
A simple herb garden provides the perfect winter respite.

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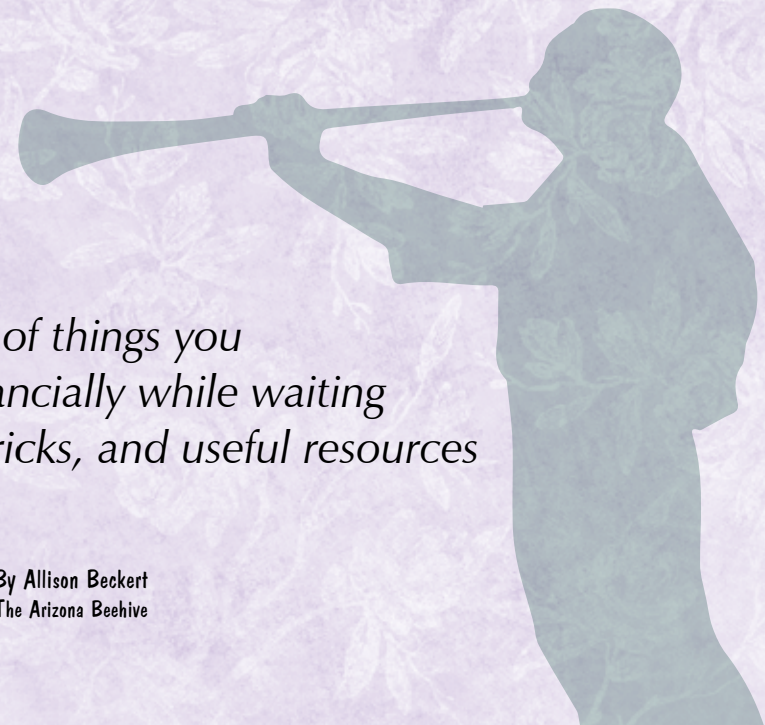

Mission papers sent off? Great! Now what? There are plenty of things you can do to prepare spiritually, physically, emotionally, and financially while waiting for that all-important call packet. Check in with us for tips, tricks, and useful resources for preparing missionaries and their families.

Casting The Net
Missionary Program Changes Announced

By Allison Beckert
The Arizona Beehive

On October 20th, the Church announced changes to the missionary program. Managing director Gary Crittenden and General Authority Seventy Elder Brent H. Nielson shared several upcoming shifts to missionary work, and all prospective missionaries should review the new set of eligibility and worthiness interview questions provided for church leaders.

One change in the announcement referenced a reduction in the number of missions worldwide. The age change announced in October 2013 created a major surge in the missionary force, and these shifts will come as numbers stabilize.

Technology will also play a larger role in future missionary efforts. Elder Nielson alluded to the New Testament story in John 21, when Christ instructed His apostles where to lower their nets to find fish.

"The lesson is that the fish were always there in the water, but Jesus directed the apostles where to find them," Elder Nielson said. "Our circumstance is similar. God knows where to find those who are seeking truth, and that's why we're seeking better ways to find them." With this focus in mind, the Church aims to be more available and accessible to those searching for truth in this digital age.

The interview questions show a clear shift in how prospective missionaries are expected to prepare to serve. The Church's focus in this and all changes announced is to create a better missionary experience before, during, and after formal service. The questions are available to all members, and can be obtained online through a link provided in the news release (http://www.mormonnewsroom.org/multimedia/file/15137_000_letter.pdf) and by request from a bishop's office. As stated in the release, "The hope is that each young man and woman will be familiar with them years before they formally prepare to serve so they have a more complete understanding of the rigorous requirements of missionary work."

The questions focus on both worthiness and capacity to meet the mental, emotional, and physical

Continued on pg. 19

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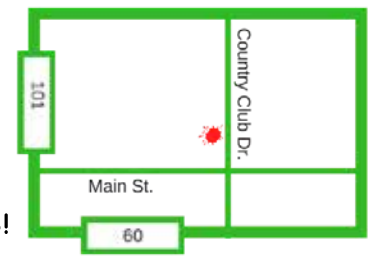

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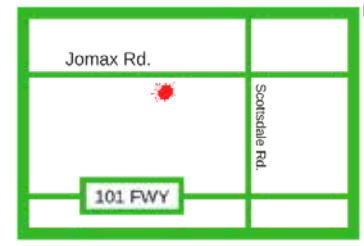

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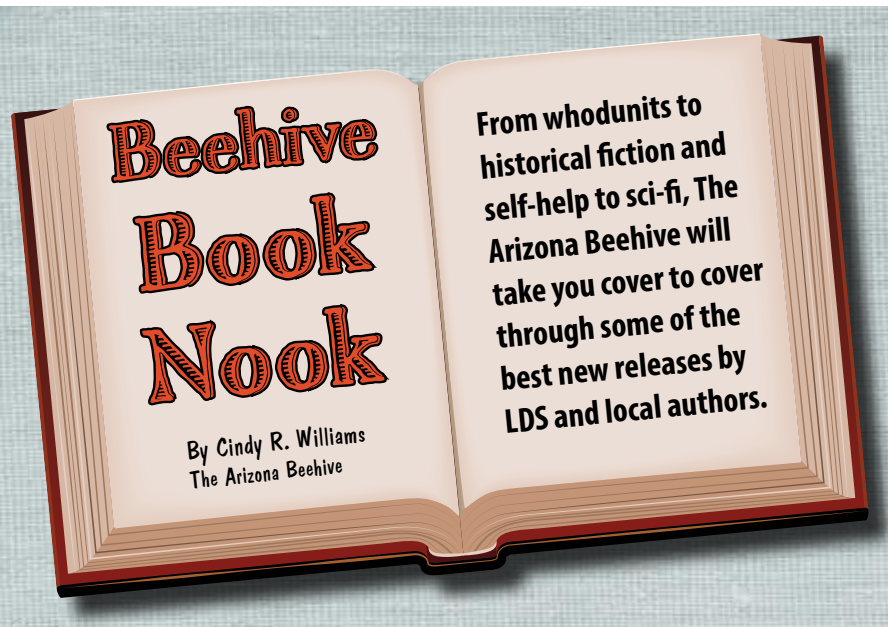
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"NAMESAKE"

Arizona Author Kate Stradling Releases Intriguing Novel

Local LDS author Kate Stradling's new book Namesake is an exciting and insightful read. The back of the book summary follows:

"*Who needs magic in an age of electricity? I can flip the switch on the wall with the best of them.*

Anjeni Sigourna bears the name of a legendary goddess, but her resemblance to that honored figure ends there. Eighteen and jaded, she has cultivated sarcasm instead of the elusive magic everyone expects her to possess. Such mystic power lacks purpose in her modern world."

But when an adverse encounter with the Eternity Gate lands her in an alien realm, magic marks the boundary between life and certain death. Anjeni alone holds the keys to saving an ancient people from a savage enemy. Her bitterness notwithstanding, she must now create a legend instead of living in its shadow."

Courtesy of Eulalia Skye Press
Cover of *Namesake*

The book consists of life and death adventures and holds many coming of age lessons as a young lady discovers her individual talents and her purpose in life. The characters are well developed and come to life on the pages.

Namesake has received gushing reviews.

"It has all the makings of a major motion picture," said an early reader of the book, Verlayne Richardson of Mesa.

Author Kate Stradling admits the plot, subplots, twists and turns, along with magic, two time zones and an ancient legend, was a complicated novel to write. She shared the tale with friends and fellow writers early on in creation process and received a great amount of enthusiasm and encouragement to finish the story.

Photo by Kristen Ellsworth
Author Kate Stradling

Stradling says a second book, this time about Anjeni's sister, Aitana, is in the works. This is good news for readers of *Namesake*.

Namesake is available on Amazon: http://a.co/8nsXsKQ.

For more information, see the author's website, katestradling.com.

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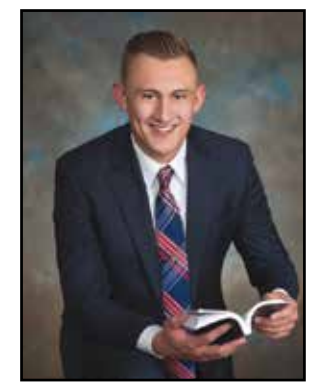

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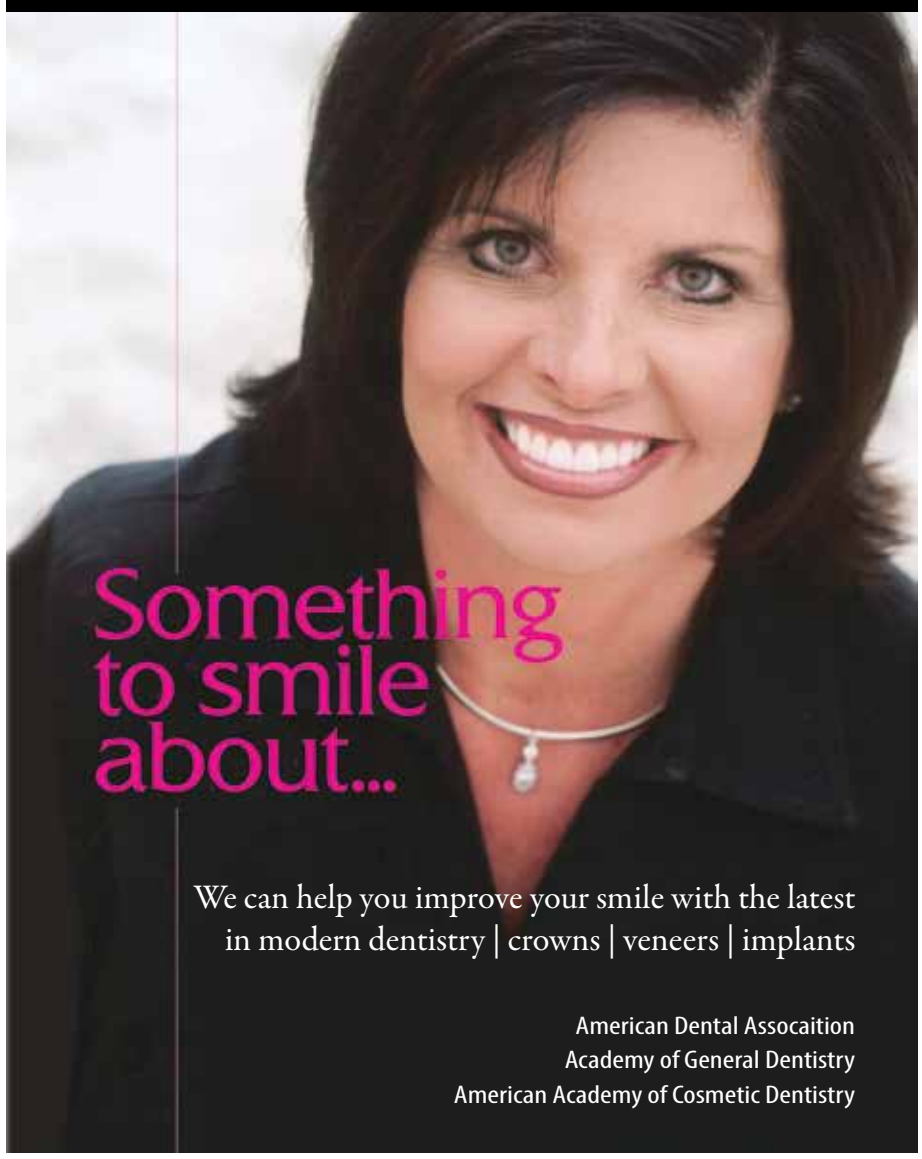

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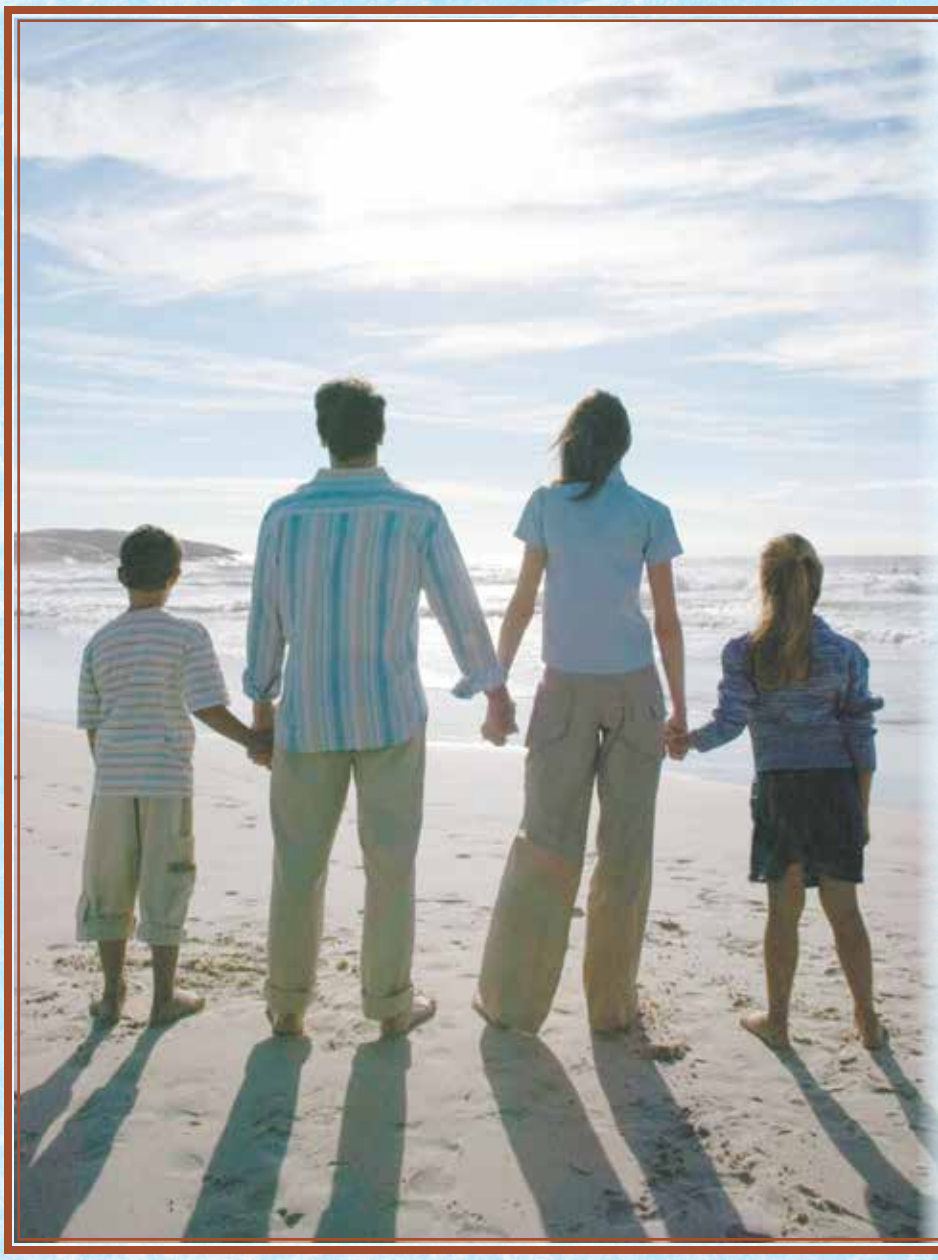

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COOKING WITH the BEEHIVE

By Rachael Fuller
The Arizona Beehive

Spritz It UP!

Full of Spritzmas Spirit. Photo by Makuahine Pa'i Ki'i via Flickr

Baking Spritz Cookies

Growing up in a part Jewish, part Methodist house that was not very religious, we had some interesting holiday traditions. We would decorate a fresh Christmas tree, but also light the Menorah.

One tradition that stands out is baking Spritz cookies. With its abundance of butter and sugar, delicious almond flavor and its light texture, this was always my favorite. I would choose it over the doughy sugar cookies or the powdered sugar monstrosities my mom insisted on making. I hoarded the dough and the baked cookies, fighting my little brother for every crumb. The best were the perfect trees with red hot toppers and the goofy camel-like cookies with yellow sugar crystals.

We have continued to make Spritz every Christmas. Now my kids will occasionally fight over their favorites. As always, I make sure to get my own hoard to eat all by myself.

Merry Christmas, and enjoy!

Spritz Cookies

(Recipe courtesy of Betty Crocker)

INGREDIENTS

- 1 softened unsalted butter
- ½ cup sugar
- 1 egg
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon almond extract
- 2 ¼ cups all-purpose flour

DIRECTIONS

1. Heat oven to 400 degrees.
2. In a large mixing bowl, beat butter for 30 seconds on medium to high.
3. Add sugar and baking soda. Beat until combined, scraping the side of the bowl.
4. Beat in egg, vanilla, and almond extract until combined.
5. Mix in flour until combined.
6. Add in any food coloring if desired.
7. Force un-chilled cookie dough through cookie press onto an ungreased cookie sheet.
8. Add any sprinkles or decorations your heart fancies. We love sprinkles and red-hots!
9. Bake for 6-9 minutes or until edges are firm, but not brown.
10. Transfer and allow to cool.

Prep Your Missionary
Continued from pg. 14

demands of a full-time mission. They do not change or add to the existing requirements. These questions are intended to help reduce distress, encourage success, and address issues that have been shown to create problems once a missionary is in the field.

Prospective missionaries should read and discuss these questions with their support system, and take action on items that require attention. Preparing for a mission means more than a packing list, shots, and passport paperwork. Repentance is a major focus of these questions, as is discussion of prospective missionaries' foundations of faith. Honesty is crucial and worth the trials of repentance.

The blunt nature of some of these questions may come as a shock and may lead to difficult discussions. Prospective missionaries would do well to remember this comment made by President Gordon B. Hinckley in 2003: "Missionary work is not a rite of passage in the Church. It is a call extended by the President of the Church to those who are worthy and able to accomplish it. Good physical and mental health is vital . . . for the work is demanding, the hours are long, and the stress can be heavy."

Reading and addressing the interview questions early will help prospective missionaries find and stay on the path to a positive, healthful, and powerful full-time mission.

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The Dynamic Mother-Daughter Duo

The Gould Group Brings Expertise & Experience In A Dynamic Real Estate Market

By Penny Gould & Shannon Vowles with Allison Beckert
The Arizona Beehive

Penny Gould and Shannon Vowles are the dynamic mother-daughter real estate duo that make up The Gould Group. The real estate market in Arizona has dramatically changed over recent years, making trustworthy representation a must for both buyers and sellers. The Gould Group is well recognized for their professional ethics and excellent performance in the field.

"There are more and more options available to buyers and sellers than ever before, says Penny. "With ever-changing regulations in financing, as well as Cash for Homes investment companies, buyers and sellers have more options to weigh when selling or purchasing a home. [We] help maneuver through the options and determine the best course."

Shannon adds, "We have, in some instances, guided [clients] toward the quick cash option. In others [we] closed on their home with more money in their pocket within the same time frame as the investment company's offer. No two situations are the same, and an individual approach is vital in giving our clients the best possible information we can provide."

Home builders are back in business, establishing new neighborhoods in the strengthening real estate market. "I think most buyers don't realize the advantage of an experienced agent representing them on a new home purchase," Shannon says. In the case of new homes, the builder pays for the buyers' agent fees. All expertise and negotiation skills come at no cost to the new home buyer.

Penny points out, "We negotiate price and [often get] options beyond what the builder is offering. [More] importantly, we provide our clients with confidence that they are navigating the transaction with the best possible information [and] someone looking out for their best interest—not the builders'."

Photo by The Gould Group

Shannon Vowles and Penny Gould.

When dealing with existing properties, The Gould Group helps buyers and sellers navigate the ever-changing real estate market. The stakes are high. Sellers need maximum profit from their property. Buyers face one of the biggest purchases of their lifetime.

The Gould Group, a member of the Southeast Valley Area Association of Realtors, is a leader in the luxury home and land markets. Penny received the Keller Williams Values & Ethics award, was nominated for the Keller Williams Cultural Icon Award, was designated a Certified Luxury Home Marketing Specialist, and is a member of the Graduate REALTOR® Institute (GRI).

Though consistently recognized for their knowledge and professional ethics, they count winning the trust and confidence of their many clients is the greatest reward.

"Today's market can be stressful," Shannon says. "Whether it's high competition that buyers experience, or sellers weighing the options of updating properties, we try to be sensitive and provide the best experience possible when either buying or selling [a] home."

For more information about the current real estate market, call the Gould Group at 480-600-3663 or visit www.PennyGould.com.

That the Angels May Quote From It...

KEEP A JOURNAL, LEAVE A LEGACY

Many of us grew up with President Spencer W. Kimball's stirring injunction to "Get a notebook, a journal that will last through all time, and maybe the angels may quote from it for eternity." The "maybe angels" part might have been intimidating, but the benefits and blessings of keeping a journal are now widely accepted. Journaling reduces stress, encourages self-reflection, contributes to creativity, and helps improve organization and memory.

The gift of our life experience as recorded in a journal is also one of the greatest legacies we can leave our children. One doesn't have to be rich, famous, or talented for his or her story to have meaning to those who come after. This enduring gift will turn the hearts of the children to their fathers, even if they never met in mortality. What are you doing to tell your story?

Today it's easier than ever to fit journal-keeping into our busy lives.

JRNL, Penzu, RedNotebook, and Day One Journal are among the many programs and apps out there for journalers. Since our devices are always with us, these provide constant, easy access for recording thoughts or the happenings in a day. Most offer a basic level that is free and a paid subscription with higher level features, plus they promise privacy and security.

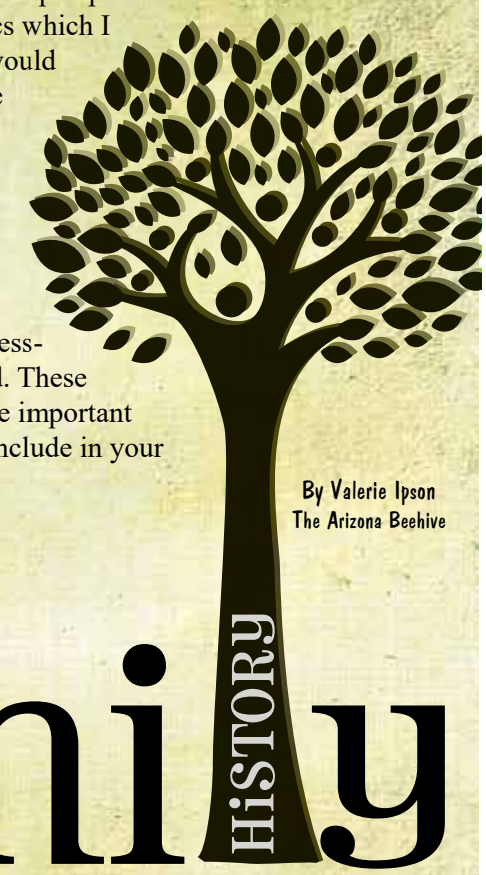
Many find the low-tech, tried and true method of putting pen to paper to be cathartic. Benefits include retaining total control and privacy over your journal. You'll never be hacked, but the downside is the journal might be subject to loss and there is no backup.

Blogging is another great way to keep a journal. It's a place online to record personal and family current events and reflections to be shared now as well as preserved for future generations.

Journals can take many forms, from very general to ultra-specific: scripture journals, prayer journals, travel journals, book-reading journals, Q & A journals, gratitude journals, exercise logs, food journals, health logs, line-a-day journals…the possibilities are endless.

If you're still not convinced journaling is for you, consider the words of our current prophet, President Thomas S. Monson: "I would like to share with you just a tiny sampling of the experiences I have had wherein prayers were heard and answered and which, in retrospect, brought blessings into my life as well as the lives of others. My daily journal…has helped provide some specifics which I most likely would not otherwise be able to recount" (General Conference, Oct. 2012).

Prayers answered. Blessings recorded. These are among the important treasures to include in your legacy.



By Valerie Ipson
The Arizona Beehive

Family HiSTORY

FHE Corner

Stretch Hearts and Minds

FHE Lessons That Focus On The Savior

By Robin Finlinson
The Arizona Beehive

President Russell M. Nelson stated that to be powerful disciples, "[o]ur focus must be riveted on the Savior and His gospel." In his April 2017 General Conference address titled "Drawing the Power of Jesus Christ into Our Lives," he suggested reading every verse of scripture listed in the Topical Guide's heading and 57 subtitles referring to Jesus Christ.

These Family Home Evening lesson ideas stretch hearts and minds as they support that noble study. Begin by reading the scripture passages under one of the subtitles below. Doing so on mobile devices is extraordinarily easy, since you can click on each successive verse and see them in an instant!

Wise men from afar brought gifts to the Savior.

Photo by Robin Finlinson

1. Jesus Christ, Birth of: Wise men brought gifts to the Savior after His long-awaited birth (Matthew 2). Getting those presents to Him was difficult. It required sacrifice of time and comfort to travel far. Jesus eventually gave all mankind the greatest gift that ever could be given-- that of immortality and the possibility of eternal life with our Heavenly Father through His atonement, death and resurrection—suffering more than we can comprehend to get that to us.

   Invite your family to give to someone bearing a particular hardship near you. The very specific needs of agencies that help foster children, refugees, chronically ill patients, etc. can be found at justserve.org. Log on during FHE and choose an option that suits your interests, abilities and time constraints. Then, discover together how your small sacrifice will lighten a heavy burden. See how your love for all humankind and your appreciation for the Savior, who took upon Himself all of our struggles, can increase.

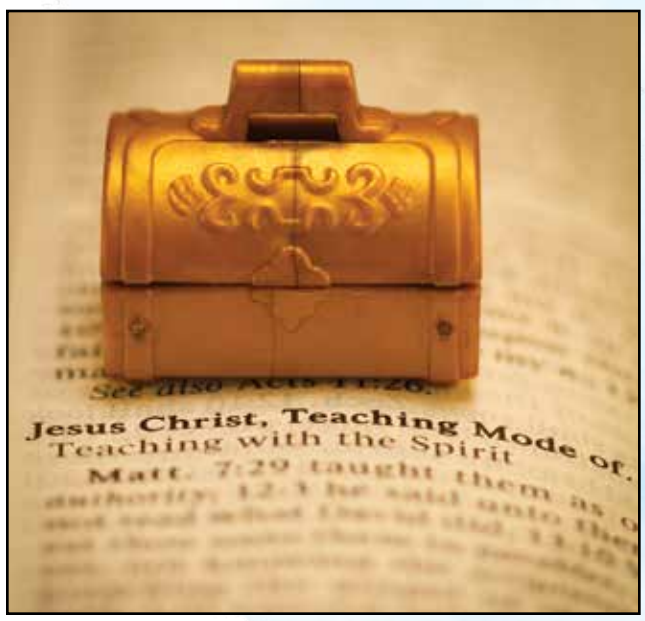


Photo by Robin Finlinson

Teaching with parables, Jesus compared the kingdom of heaven to objects such as hidden treasure.

2. Jesus Christ, Teaching Mode of: Jesus taught that the kingdom of God had arrived (Mark 1:14,15), and he frequently used parables to describe it. The Bible Dictionary says the word "parable" comes from a Greek word meaning "a comparison" and that parables compare divine truth to material things.

   In Matthew 13:31-33 and 44-48, Jesus, in five short parables, compares the kingdom of heaven to things such as a grain of mustard seed, a net, and hidden treasure. Read and discuss them.

   Pondering our modern times, to what would your family compare the kingdom of heaven? Create your own parable(s)! Jesus showed that it may only take one sentence. Perhaps start by thinking of a random object. How is the kingdom of heaven like a picture frame, for example, an electric piano, or a school bus?

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The goal of any credible weight control program such as the BYU/Stanford University-developed *The New Neuropsychology of Weight Control* is to help you wean your body off of sugar (glucose) as its primary source of energy and to train it to burn fat for energy instead. This is the only way to go from obesity to leanness.

Ketones are a Chemical Your Body Produces When it Burns Stored Fat

This metabolic process of combusting fat for energy is called "ketosis." In this process, combusted fat produces a powerful source of energy called "ketones." When you have high levels of ketones in your blood, these ketones are used for primary energy instead of glucose.

Over time, if you're overweight, this results in your body burning your excess stored fat until it reaches a healthy level of body fat—usually 22% for women and 15% for men.

It Takes About a Month of Low Refined Carbohydrate Eating to Trigger Ketosis

Ketosis, not to be confused with "ketoacidosis" a complication of type 1 diabetes mellitus, can occur when you reduce refined carbohydrates (sugar/-glucose) in your diet. It can take up to a month of low-carbohydrate eating to trigger ketosis.

During this time, most "dieters" become overwhelmed with cravings for sugar and experience uncomfortable and even painful sugar-withdrawal symptoms. This happens because sugar is as addictive as cocaine and in excess, is just as destructive to your health.

The Good News: Powerful Ketones Can Produced in the Blood With Patented Drink Formulation

In groundbreaking research conducted by the U.S. Navy and the University of South Florida, the researchers discovered ketosis could induced by consuming a precise (now patented) formula of the natural nutrient beta-hydroxybutyrate mineral salts combined with certain fatty acids (goBHB.TM) With this formulation they were able to achieve super-high blood ketone levels of 2-7 mmol/L.

Single Dose Creates 8 Hours of Ketones

They learned that a two daily doses of this formulation, in the form of a flavored drink, could raise and keep high level of ketones in your blood for up to 8 hours at a time.

The implication is from the very first dose you can begin the immediate transition from sugar dependency for energy to the burning of ketones for energy. The end result is your body begins to quickly consume fat for energy. This helps quicken the weight loss process.

Patented Formulation Now Available as Ketōnd

This new, patented breakthrough formulation, called Ketōnd, has been licensed to the Utah company Ketōnd, LLC. It's now available for those who want to break the bonds of sugar cravings and addiction, to wean their metabolism off of sugar as its primary source of energy, transform their metabolism to one that burns fat for energy, and once-and-for-all get control of their bodies and lives.

Ketōnd is the Real Thing. Read the U.S. Navy Patent Claims

Does Ketōnd sound too good to be true? To assure yourself that it really works you need to read the amazing benefits and claims detailed in the U.S. Navy's patent at www.Ketond.com/ab.

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The U.S. Navy Discovers the Ketōnd Formulation is Also Ideal for Dramatically Improving Senior Neuro-Degenerative Memory Issues (Forgetfulness, Dementia & Alzheimers)

TRAIL ANGEL

By Cecily Markland Condie
The Arizona Beehive

Camp LoMia's Joe Wise Honored for 26 Years of Service

Photo by Kaylee Petrie

Lindsay Hicks Watrous (left), who was rescued by Joe Wise in 1991, was among those who honored Wise for his 26 years of service at Camp LoMia.

A hike that could have easily turned tragic was instead the impetus for Joseph Brinton Wise's lifework as Camp LoMia's "trail angel." That work has spanned more than two and a half decades and touched thousands who have enjoyed the Camp LoMia trails.

The camp is used by Young Women and others from 56 stakes across the Phoenix area for stake YW camps, ward campouts, youth conferences and family reunions.

Brother Wise, who, with his wife, Gayla, resides in the McQueen Ward, Gilbert Stapley Stake, was recently recognized for "selfless service to Camp LoMia from 1991-2017."

He said it started when "I was on the Camp LoMia East Rim hike to learn about this difficult trail so I could do the same hike with my stake later that summer. There were probably 100 girls on the trail with only a few leaders."

He watched six of them start back down the mountain. "Instead of staying on the poorly marked trail, they were headed straight down toward cliffs. I felt an urgent need to help, but I didn't know what I could do," he said.

Finally, he left the trail and headed toward where he last had seen the girls.

By the time he got to them, one "had tumbled down a 25-foot, almost vertical cliff, and was stuck on a ledge. Below her was another 20-foot cliff, so she was trapped, unable to go up or down."

The girl had been injured, "and her shirt was quite bloody," he says.

He directed the girl to crawl along the ledge, then caught her feet and helped her down the last 10 feet.

"This event profoundly affected my life, and made me keenly aware of the need to properly maintain all the trails at Camp LoMia," Brother Wise says.

Every year since he has gone there often to put in new trails or close off unsafe areas, explains his daughter, Ellen Bouck, of Mesa. "He's also put in signs and trail markers, and he makes maps for every stake that goes up there."

Photo by Kaylee Petrie

A bronze plaque honoring Joe Wise has been placed on Camp LoMia's Friendship Loop, near a 300-year-old tree dubbed "Wise Tree" in his honor.

Photo by Kaylee Petrie

Following a ceremony to recognize him for his work as Camp LoMia's "trail angel," Joe Wise (pictured center, wearing white hat) is surrounded by friends and family in front of the tree dubbed "Wise Tree."

With no little fanfare, he's done it for 26 years—and has gotten others involved as well.

"He has worked with 36 different young men to help them do service projects at LoMia to earn their Eagle Scout awards," says Sister Bouck. "Three of those were his own grandsons."

Elder and Sister Martindale, the missionaries currently overseeing Camp LoMia, recently organized a ceremony to honor Brother Wise.

"He does so much, and I know he is led by the spirit," Sister Martindale said.

Elder Martindale announced that now, on the trail called Friendship Loop, a large, approximately 300-year-old pine tree, has been dedicated to Brother Wise and renamed, "The Wise Tree." Nearby, a plaque honors him as a "Rescuer – Devoted Volunteer – Trail Blazer –Preservationist – Conservationist – Map Maker."

Lindsay Hicks Watrous, the young woman he rescued in 1991, also spoke, saying to Brother Wise, "Not only were you able to help our group, but all of your labors have kept other youth and people who have been using the trails safe for the last two and a half decades, so thank you."

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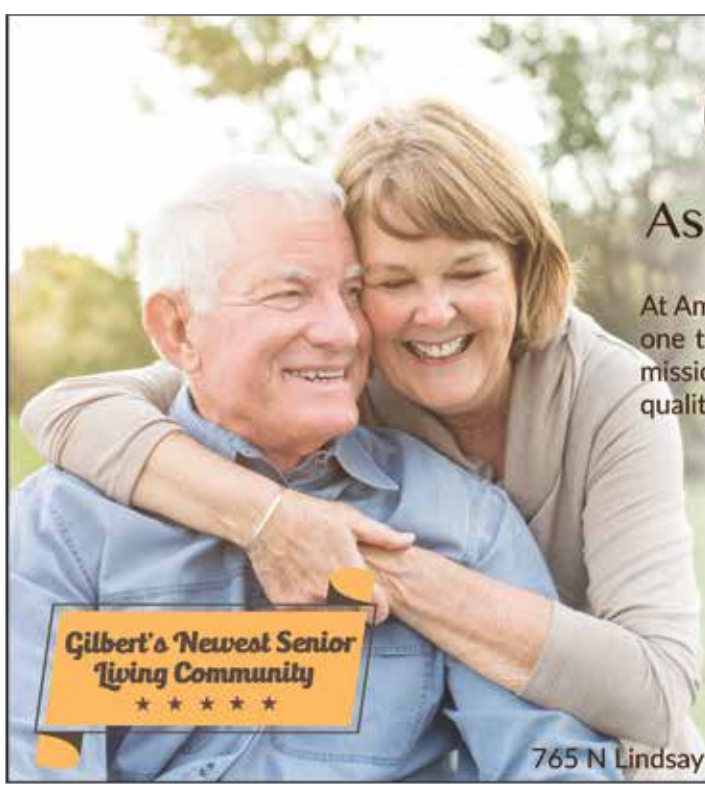

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Willing To Move Her Feet

Heather Sandstrom Leads BYU Management Society's Phoenix East Chapter As New President

By Cecily Markland Condie
The Arizona Beehive

An exemplary leader herself, Heather Walker Benson Sandstrom now serves as chapter president of BYU Management Society, whose focus is "growing moral and ethical leadership."

"It's an amazing organization, with chapters in Turkey, Brazil, Canada, and all parts of the world," Heather says. While sponsored by BYU, the organization is open to any interested men and women.

"We have chapter meetings throughout the year, with great guest speakers who talk about becoming good leaders, with good morals and ethics," she says.

The meetings are typically held at East Valley Institute of Technology in Mesa.

"We have half an hour for networking and making connections. Then, when the meeting starts, we introduce ourselves, and say if we are looking for a job or if someone we know is hiring."

The Management Society also emphasizes service, helping organizations like Helen's Hope Chest and collecting books for needy children as part of Read On Mesa.

"We do a lot of service, and we raise a lot of money for scholarships every year."

Scholarships go to students attending BYU, Mesa Community College, Pathway, BYU-I and other colleges and universities.

Heather, who graduated from BYU in broadcast/journalism, worked as a news anchorwoman, reporter, and TV talk show host.

After marrying Dr. Paul R. Sandstrom in 1980 in the Salt Lake City Temple, she gave up her career to focus on her family, which now includes 5 children and 13 grandchildren. Heather has taught ballet, piano and organ and loves playing the organ in the Mesa Temple every week. She speaks frequently at EFY and was narrator for the Mesa Temple Easter Pageant for 12 years.

Photo courtesy Heather Sandstrom

After a recent BYU Management Society meeting, Heather Sandstrom (left to right), president of the Phoenix East Chapter, thanks Roc Arnett, of the East Valley Partnership, LeAnn and Edward Basha III (Trey), who spoke at the luncheon meeting, and John Lewis, also of the East Valley Partnership, for their participation in the meeting.

A member of Mesa Arts and Entertainment Alliance Board, Heather

Continued on pg. 31

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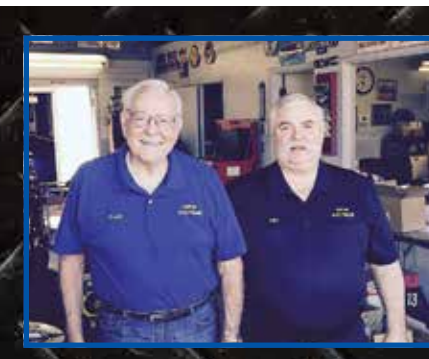

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Shining Light In South Africa

Restoring The South African Temple's Angel Moroni Statue

By Parker Sappington
The Arizona Beehive

Photo courtesy of Cameron Tidwell

Cameron Tidwell and Chase Tueller, leads on the project, with Cameron's sister Brittney and her husband Gunnar to assist.

When Cameron Tidwell and Chase Tueller, co-owners of CT Decorative Finishes LLC, were commissioned to restore the Angel Moroni on top of the Johannesburg South Africa temple, they started looking to hire a couple extra hands to help on the project. Those two people happened to be Cameron's sister, Brittney, and her husband, Gunnar Norton.

"It was intimidating," they later recalled. "We didn't know how to do it. Our first time doing anything like this was on a temple."

Cameron and Chase provided all the training and direction necessary for Gunnar and Brittney to assist them in their project, and a month later the two found themselves on the African continent helping to restore the most iconic part of the Latter-day Saint temple.

This particular Angel Moroni, atop the church's thirty-sixth operating temple and the first in Africa, hadn't been touched since the temple's dedication in August of 1985, in spite of having had several lightning strikes blacken its exterior throughout the years. As CT Decorative Finishes progressed on restoring Moroni's golden hue, temple workers, security guards, and other church members commented on the notable difference it made, giving the company workers praise for the diligence given.

"It was really a light unto the world," reflected Gunnar, "and that is what we're supposed to be. Now the Angel Moroni is doing just that: shining for all the world to see."

"It felt like I wasn't even a part of the world," said Brittney, reflecting on how she felt during the project.

It wasn't easy, even with Cameron and Chase's direction. The task in gold leafing required immense detail, concentration, and patience for even the smallest areas, amounting to almost a month's work.

Not only did their work receive recognition by Mormon Newsroom, but for Gunnar, he had the added experience of seeing part of the land his own father had labored over as a missionary years before.

"It gave me and him a new aspect to talk about," he stated, upon reflection. "It was inspired, and it definitely

Continued on pg. 31

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Cynthia Baker *has managed celebrity endorsements and social media marketing for celebs such as Kylie Jenner of Keeping Up with the Kardashians and Lilly Ghalici of Shahs of Sunset. In 2015, Cynthia launched SAGA Consulting and works with companies and celebrities such as, Number 4 Hair Care, TAO Professional, CJ Perry "Lana" of Total Divas, and Miroslav Barnyashev "Rusev" of World Wrestling Entertainment (WWE).*

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Giving Back

GREAT TASKS AHEAD

By Robin Finlinson
The Arizona Beehive

The LDS Church & JustServe receive "Spirit of Philanthropy" Award

The Church of Jesus Christ of Latter-day Saints and its volunteerism initiative JustServe were honored with a "Spirit of Philanthropy" award at a 2017 Philanthropy Day luncheon held by the Association of Fundraising Professionals in Phoenix, Arizona.

In 1986, November 15th was proclaimed to be National Philanthropy Day by President Ronald Reagan, "to recognize the enormous achievements of all who have given of themselves for others, and to rededicate ourselves to the great tasks ahead."

Several of this year's award recipients had raised remarkable amounts of money for non-profit organizations. JustServe is not used for monetary contributions, but the service hours provided by volunteers allow agencies to put most of the dollars they receive into helping those in need, rather than into a large paid staff. Their budgets also extend further thanks to the donations of needed items through JustServe.

Elder C. Dale Willis, Jr., North America South West Area Seventy who graciously received the award on behalf of the LDS Church, says that the award is even more special because the Church was nominated by Catholic Charities Community Services.

Michelle Curry, Community Outreach Chair for JustServe in the Metro-Phoenix area, explains why the nomination was given: "Through our in-kind donations and volunteer force, members have helped refugees in many ways, including school clothing and backpacks, apartment setups and mentoring. We will be continuing our strong partnership with Catholic Charities to not only aid refugees, but to help others in our community."

That is the goal of JustServe—to partner with various churches, non-profit and civic agencies that are assisting people in some way. No single group can care for every need alone. When organizations openly support each other's efforts, more effective service is given and more families and individuals are reached.

Elder Willis shares, "At the conclusion of the luncheon, I mentioned to the CEO of Catholic Charities that the Church has been honored to serve our Heavenly Father's children, and all we desire is to be 'part of the choir' with other denominations in making sure there are 'no poor among us.'"

CEO Paul Mulligan says, "It has been a blessing for Catholic Charities to become aware of and involved with JustServe."

In 2 Corinthians 9:7, the apostle Paul encourages, "Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth the cheerful giver."

Elder Willis adds, "It is my testimony that one of the ways we live the Two Great Commandments—to love God and our neighbor—is by becoming involved with JustServe in our communities."

Countless tasks lie ahead, but through the love and dedication of many individuals, and with the aid of recently-acquired technology inspired by the Lord, philanthropic deeds will grow in number and impact as they bless the lives of His children.

To explore how you may get involved, visit JustServe.org.

Photo by Robin Finlinson

Adele Dietrich, President of the Association of Fundraising Professionals' Phoenix Chapter, presents the "Spirit of Philanthropy" award to Elder C. Dale Willis, Jr.

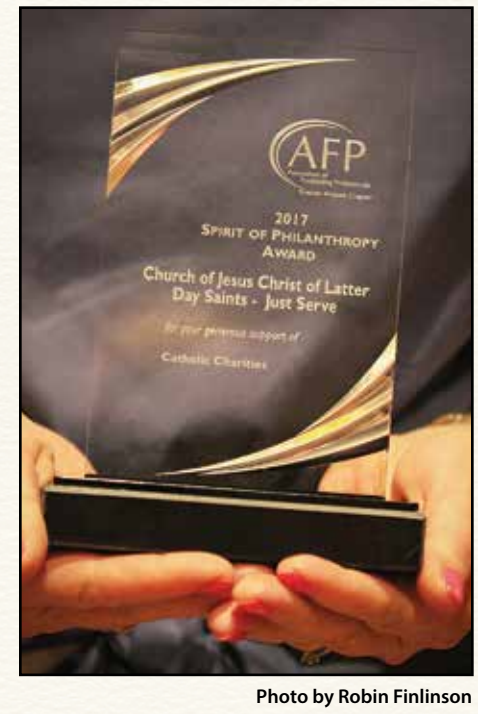

Photo by Robin Finlinson

"Spirit of Philanthropy" award.

Photo by Robin Finlinson

From left to right: Linda Tailleart and Paul Mulligan of Catholic Charities; Michelle Curry and Elder Willis of the LDS Church; and Malissa Geer, also of Catholic Charities.

Heather Sandstrom Leads
Continued from pg. 27

is a past board member of Southern Virginia University, Ballet Etudes and United Families International. She was on the state and national boards of American Mothers and was selected AZ Young Mother of the Year.

She and Paul served on the National Leadership, Finance and Election Team for Romney for President in 2008 and 2012, she was president and vice president of the Mesa and Arizona Republican Women and, in 2012, was elected as a Republican National Committee delegate.

Heather was Stake Relief Society President prior to being called to the Stake Relief Society Presidency for the Mesa East Young Single Adult Stake, where Paul serves as Stake President.

Heather teaches at Red Mountain Institute, and, as a survivor of thyroid cancer and brain surgery, she also speaks for "Facing Cancer with the Faith Community."

"Every day, I feel so blessed to be alive," Heather says.

As Management Society president, Heather will continue to live by her motto, "Don't ask the Lord to guide your footsteps unless you're willing to move your feet."

"I want to raise more scholarship money," she says, "and to start a mentoring program so young adults can work with a mentor who can help them learn and improve skills to succeed in their chosen field."

In particular, she wants to maintain Phoenix East chapter's designation as a Gold Chapter of Excellence. "Our chapter has a great legacy," she says.

To learn more, visit PhoenixEast.byums.org or BYU Management Society – Phoenix East Chapter on Facebook.

South Africa Angel Moroni Statue
Continued from pg. 28

helped to boost our relationship."

As the project went on, Gunnar and Brittney had to admit that playing with leopard cubs and seeing elephants in their spare time was a notable and fun aspect of the trip. Yet the experience in restoring the Angel Moroni in South Africa was a reminder for them, and also for those who made it possible, that the gospel is indeed being preached all over the world, and that temples are focal points in our own eternal progression.

CT Decorative Finishes, with Cameron Tidwell and Chase Tueller as owners, lead, performed, and carried out the project in South Africa. They can be contacted at (480)-646-7556 and are located in Mesa, AZ.

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